

Corona Virus What now?

What you need to
know about
Coronavirus



What can I do to protect myself?

- Washing hands with soap and water or rubbing hands with an alcohol cleanser. (about 20 seconds)

- Covering your mouth and nose with a medical mask, napkin, sleeves, or bending the elbow when you cough or sneeze.

- Avoid contact with anyone with cold or flu-like symptoms without protection, and seek medical help if you have a fever, cough, or trouble breathing.

- Stay indoors as much as possible, in your garden or on your balcony.

- Keep 1.5 meters away from the others while you outside. No hands shake and no hugs.

What are the symptoms if someone infected with a coronavirus?

Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal.

Important information

- Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent the coronavirus disease (COVID-19)

You can catch COVID-19, no matter how sunny or hot the weather is.

- The new coronavirus CANNOT be transmitted through mosquito bites.
To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.
- Are antibiotics effective in preventing and treating the new coronavirus?
No, antibiotics do not work against viruses, only bacteria. The new coronavirus a virus and, therefore, antibiotics should not be used as a means of prevention or treatment
- Drinking alcohol does not protect you against COVID-19 and can be dangerous
- Does smoking affect the new Corona virus (Covid-19)?
Smoking does not prevent Covid-19 disease. In fact, it leads to death. People with heart disease are more likely to die because of the virus.
- Is wearing rubber gloves in public places effective in preventing infection with the Corona virus?
Not really. Persistence in washing hands provides more protection from Covid-19 disease than wearing rubber gloves. Rubber gloves may be contaminated with the virus if

they come in contact with contaminated surfaces. If you then touch your face, the virus will pass from the gloves to your face and you will become infected.

- Can pregnant women pass coronavirus to unborn children?
At this time, there is not enough evidence to determine whether the virus is transmitted from a mother to her baby during pregnancy.
- Is it safe for a mother to breastfeed if she is infected with coronavirus?
Considering the benefits of breastfeeding and the insignificant role of breastmilk in the transmission of other respiratory viruses, the mother can continue breastfeeding, while applying all the necessary precautions.

When should I call the doctor (huisarts)?

If you feel infected, never go to a "huisarts" doctor.

Call him on the phone. The doctor or the assistant will ask you some questions. The doctor will come to your house if necessary. The doctor wears glasses, medical mask and gloves.

The doctor will examine you to find out if you need to go to the hospital or not.

More information on: www.thuisarts.nl